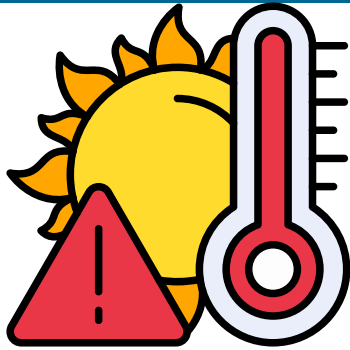




BISHOP PAIUTE TRIBE ELDERS PROGRAM

JUNE 2026 NEWSLETTER



Summer is Here

Our weather has been so unpredictable but one thing is for sure. Summer heat is coming. With that in mind we would like to remind our friends the importance of staying hydrated. Staying hydrated

means supplying your body with enough fluids to maintain energy, regulate temperature, and protect vital organs.

Don't Wait for Thirst: Thirst is a delayed signal. By the time you feel thirsty, you are already slightly dehydrated.

Eat water-rich foods: Roughly 20% of your daily hydration comes from food. Eat produce like watermelon, strawberries, cucumbers, and celery. Have fun and stay safe this summer.

Happy Father's Day

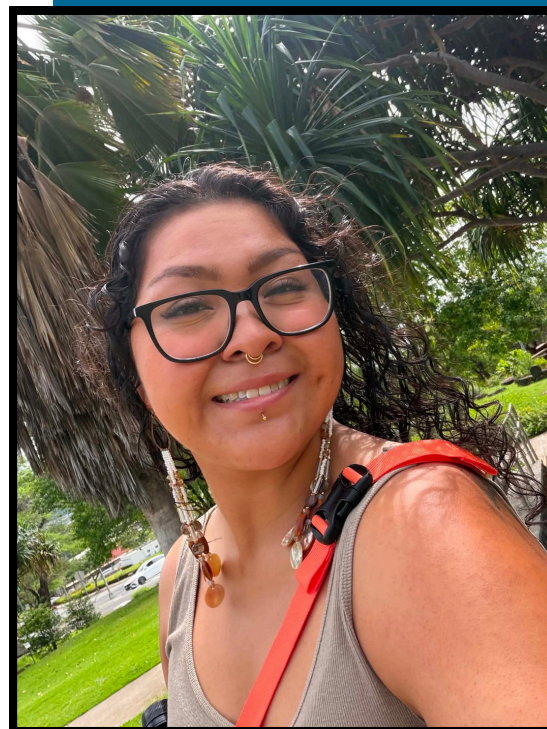
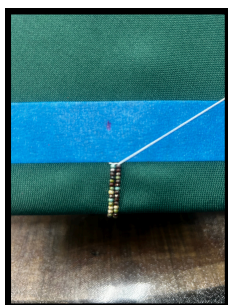
Happy Father's Day to all of our participant Fathers may all of your love, patience, hard work and dedication return to you. We celebrate your love and kindness you have given to your family over the years.



♥ HAPPY ♥
FATHER'S
♥ DAY ♥

Beaded Grad Caps and Feather Making

Class was held on May 7th & 12th by our very own Miss Jeanine Lomaintewa. Jeanine has a sweet and helpful personality. She is very knowledgeable about her craft of beading. We look forward to more bead time with her.



**Jeanine
Lomaintewa**



Congratulations!

From Head Start, Kindergarten, 5th Grade, 8th Grade, High School to College students. We would like to take this time to congratulate all of the 2026 graduates on a job well done! You have made your community proud!

You did it!



Create

The Art of Writing a Letter



On May 14th we took the time to sit down and communicate with friends, and family, like the days of old seems like a dwindling art. With the speed of technology, it is much faster to send an email or text message but nothing can compete with the joy of reading a hand written letter. The sender thought of you, looked for your address and wrote out everything on their heart. You should give it a try and make someones day brighter.

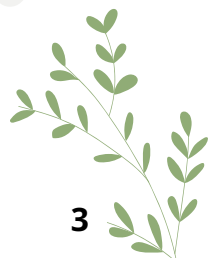


Signature



Beginners Chup-tuhii

On May 13th we played cards. We love our Chup-tuhii games and we are excited to announce a new Chup player, Kim Sepsey! Welcome to the club Kim! If you have been thinking about coming to beginners Chup-tuhii, just come! Now is your chance to learn!



Mothers Day Celebration

Some of the beautiful Mother's we celebrated on May 8, 2026.
Your love for your family is a blessing.

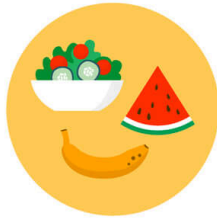




SUMMER SAFETY TIPS FOR SENIORS



DRINK PLENTY OF WATER



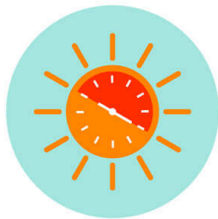
EAT FRESH FOOD



AVOID ALCOHOL AND CAFFEINE



AVOID USING STOVE AND OVEN



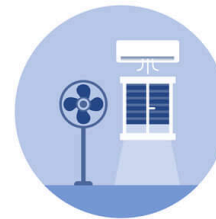
STAY AWAY FROM DIRECT SUN EXPOSURE FROM ABOUT 10 AM TO 4 PM



USE SUNSCREEN TO AVOID SUNBURN



AVOID STRENUOUS ACTIVITIES, GET RESTED



KEEP YOUR HOUSE COOL, OR SPEND TIME IN PLACES WITH AIR CONDITIONING



TAKE COOL SHOWERS AND BATHS



PLACE A COOL WASHCLOTH ON THE BACK OF YOUR NECK



WEAR SUNGLASSES OUTDOOR



WEAR LIGHT-COLORED LOOSE CLOTHING

COOLING CENTER

SUMMER IS COMING



A FRIENDLY REMINDER, THE ELDERS PROGRAM AT 350 N. BARLOW LANE, BISHOP CA. 94514 IS A COOLING CENTER FOR ELDERS WHO NEED TO ESCAPE THE SUMMER HEAT.



How to Spot and Treat

Health Problems Caused by Heat



Dehydration

What it is: A loss of water in your body. It can be serious if not treated.

Warning signs: Weakness, headache, muscle cramps, dizziness, confusion, and passing out.

What to do: Drink plenty of water and, if possible, sports drinks such as Gatorade™, which contain important salts called “electrolytes.” Among other things, electrolytes play a key role in regulating your heartbeat. Your body loses electrolytes when you’re dehydrated. If you don’t feel better, call 911. If you feel better after drinking fluids, but have medical conditions like heart failure or take diuretics (“water pills”), you should also call your healthcare provider for a follow-up.



Heat Exhaustion

What it is: A serious health problem caused by too much heat and dehydration. If not treated, it may lead to heat stroke (see above).

Warning signs: Heavy sweating or no sweating, muscle cramps, tiredness, weakness, paleness, cold or clammy skin, dizziness, headache, nausea or vomiting, fast and weak pulse, fainting. Body temperature is generally between 98.6°F (37°C) and 104°F (40°C).

What to do: Without delay, move to a cool, shady place, and drink plenty of cool fluids, such as water or sports drinks. Call 911 right away if you have high blood pressure or heart problems, or if you don’t feel better quickly after moving to the shade and drinking liquids.



Heat Stroke

What it is: A very dangerous rise in your body temperature, which may happen gradually over days of heat exposure in older adults. It can be deadly.

Warning signs: A body temperature of 104°F (40°C) or higher; red, hot, and dry skin; a fast pulse; headache; dizziness; nausea or vomiting; confusion or lethargy;

What to do: Call 911 immediately. Move to a cool, shady place and take off or loosen heavy clothes. If possible, douse yourself with cool water, or put cloths soaked with cool water on your wrists, ankles, armpits, and neck to lower your temperature. Try to see if you can safely swallow water or sports drinks while waiting for 911.

Note: If you are caring for someone else who has heat stroke, only give them water or drinks if they are awake and can swallow. Do not try to give fluids by mouth if the person is drowsy, as it could cause choking.

Bishop Paiute Tribe Elders Lunch Menu

**HAPPY
FATHER'S DAY**

June 2026

**HAPPY
FATHER'S DAY**



Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 Main Dish: Pork Roast, Pasta Salad Veggies: Carrots Fruit: Watermelon Milk</p>	<p>2 Main Dish: Meatball Sandwich Veggies: Green Salad Fruit: Red Grapes Milk</p>	<p>3 Main Dish: Herb roasted chicken, Rice Pilaf Veggies: Asparagus Fruit: Kiwi Milk</p>	<p>4 Main Dish: Chef Salad w/ Whole Wheat Crackers Fruit: Banana Milk</p>	<p>5 Main Dish: Shrimp Ceviche, tomatoes, onions, cucumber, tortilla chips Veggies: Avocado Fruit: Honeydew Milk</p>
<p>8 Main Dish: Chicken Pot Pie Veggies: Garden Salad Fruit: Green Apples Milk</p>	<p>9 Main Dish: Spaghetti & Meatballs Veggies: Mixed Veggies Fruit: Pears Milk</p>	<p>10 Main Dish: Sunshine Salad w/ Chicken and Whole Wheat Crackers Fruit: Honeydew Milk</p>	<p>11 Main Dish: Pepperoni Pizza Veggies: Cesar Salad Fruit: Oranges Milk</p>	<p>12 Main Dish: Teriyaki Salmon, Rice Pilaf, Lemon Veggies: Asparagus Fruit: Strawberries Milk</p>
<p>15 Main Dish: Cheese Enchiladas Veggies: Mexican corn, lettuce and tomatoes Fruit: Kiwi Milk</p>	<p>16 Main Dish: Beet Broccoli with Rice Veggies: Carrots Fruit: Apricots Milk</p>	<p>17 Main Dish: Grilled Ham Mac & Cheese Veggies: Green Beans Fruit: Red Apple Milk</p>	<p>18 FATHER'S DAY BBQ Main Dish: Bacon Cheeseburger, Lettuce, Tomato Veggies: Coleslaw Fruit: Peaches Milk</p>	<p>19 Closed in observance of Juneteenth</p>
<p>22 Main Dish: Bean and Cheese Burrito Veggies: Green Salad Fruit: Green Grapes Milk</p>	<p>23 Main Dish: French Dip Veggies: Sweet Potato Fries Fruit: Pineapple Milk</p>	<p>24 Main Dish: Chicken Tostada Salad, Salsa, Chips Veggies: Avocado Fruit: Oranges Milk</p>	<p>25 Main Dish: Baked Potato, Chili, Sour Cream Veggies: Broccoli Fruit: Strawberries Milk</p>	<p>26 Main Dish: Shrimp Boil, potatoes, corn, sausage, lemon Fruit: Pears Milk</p>
<p>29 Main Dish: BBQ Ranch Chicken Salad, Tomatoes, Corn, Black Beans, Cheese, Chips Fruit: Cantaloupe Milk</p>	<p>30 Main Dish: Clam Chowder w/ Oyster Crackers Veggies: Carrot Salad Fruit: Green Apples Milk</p>			<p>All meals are served with 1% Milk</p>

Elder's Director: Tammy Andrade
Phone Number: (760) 873-3052

Elder's Chef: Marco Cardelas
Phone Number: (760) 873-3052

*Menu items are subject to change based upon availability

**Bishop Paiute Tribe
Elders Activity Calendar**



June 2026



Monday	Tuesday	Wednesday	Thursday	Friday
1 RIBBON LEIS @ 5:30PM LIGHT DINNER PROVIDED	2	3 COOKING CLASS w/ TIHP @ 2PM GARDEN DRIP LINE 101 FOOD SOVEREIGNTY @12 BEGINNERS CHUP @12:30PM	4 COFFEE W/ THE CHIEF @ 10:00AM	5
8 PATIO PAINTING DAY NATIVE AMERICAN THEME @ 10AM	9	10 BREAKFAST CLUB 9AM W/ TIHP DIETICIAN ELDERS ADVISORY BOARD MEETING @ 4PM MENU GUIDELINES, REQUIREMENTS PRESENTATION TIHP DIETICIAN	11 RESCHEDULED LEE VINING TRIP DEPART THE ELDERS BUILDING AT 8AM	12
5 BEADED SPIRAL ROPE @ 5:30PM LIGHT DINNER PROVIDED	16	17 CHUP-TUHII BEGINNERS @ 12:30PM	18 FATHER'S DAY CELEBRATION VITALS CLINIC @ 11AM-1PM w/ TIHP	19 CLOSED IN OBSERVANCE OF JUNETEENTH
22 CORNHOLE GAME ON THE LAWN @ 10:30AM	23	24	25	26 BIRTHDAY CELEBRATION BIRTHDAY BINGO \$5 BUY IN
29	30			

Elder's Director: Tammy Andrade
Phone Number: (760) 873-3052

Activities Specialist: Eva Baccoch
Phone Number: (760) 873-3052

June Birthday's

HAPPY BIRTHDAY

Darrin Bernard
Patricia Manriquez
Dionne Ngirmekur
Kari Laird
Deston Rogers
Arnold Harrison
Janet Warsinski
Jill Andreas
Francis Stone Jr.
Jayne Magana
Spencer Weisenberg

Richard Dearmore
Rosenda Dondero
Katrina Stone
Theresa Licht
Glenn Harrison
Walter Hanson
Karen Ridley
Claudia Salgado
Robin Howard
John Andreas Jr.
Nolan Barr

Anthony Bengochia
Lester Keller
Valerie Spoonhunter
Leland Chavez
Floyd Piper Sr.
Andrew Gaspar
Sharron Fauchier
Stanley Summers Jr.
Homer Harris Jr.
Jess Paco Sr.
Francis Fimbres



Happy birthday to you, happy birthday to you, happy birthday dear elders, happy birthday to you!



"Wishing you a day as wonderful as you are. Cheers to another great year ahead!" -Elders Staff





Bishop Paiute Tribe Elders Program

Ribbon Lei Making

Elder Activity
no children
please



Please
sign-up


Learn the lei-making techniques to
create your own beautiful Ribbon Lei
Bring your own crisp dollar bills if you
want to add money flowers.

*Monday,
June 1, 2026*

5:30PM-7:30PM

**Light Dinner
Provided**

Questions? Please call
(760) 873-3052



COOKING CLASS

Support your healthy life style with learning how to make delicious healthy dishes with daily ingredients that are tasty, easy to make, low fat and diabetic friendly.

Winter and Spring

Location: Bishop Indian Tribal Elders Nutrition Program

Dates: 01/07/2026 02/04/2026 03/04/2026
04/01/2026 05/06/2026 06/03/2025

Time: 2:00 pm

Space is limited and RSVP is needed to provide enough ingredients

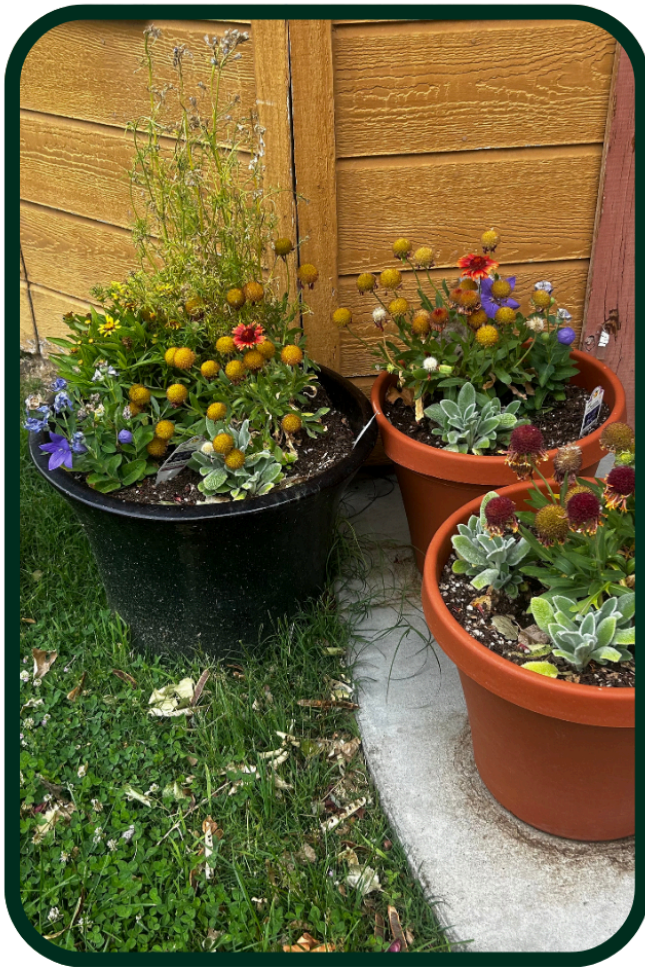
Please call (760) 873-3052 to RSVP



Bishop Paiute Tribe Elders Program & Food Sovereignty Program



Garden Drip Line Installation 101



Masha Bluestein and Morgan Cox will be teaching the basics of the Drip Line Installation.

What Do We Offer?

- Learn pieces of the drip line
- Water Efficiency
- Installation
- Simple Maintenance

June 3, 2026

12:00PM

Front Lawn Area

The sign-up sheet will be located in the Elders building.

Join us for
this valuable
information



Questions? Please call
(760) 873-3052

Elder Activity
no children
please 12



Bishop Paiute Tribe Elders Program

Chup-tuhii

**Beginners
Chup-tuhii
w/ Mary Davis
Everyone welcome
to attend.
1st & 3rd Wednesday
of the month.**



**The 1st and 3rd Wednesday of the month.
Beginners at 12:30pm, regular games at 1pm.
Located at the Elders Building.
Bring your quarters and let's play.**

**Questions? Please call
(760) 873-3052**



Bishop Paiute Tribe Elders Program

Coffee with the Chief

Tribal Police Chief
Christopher Aukee

**The 1st Thursday of
the month.**

**Located at the Elders
building @ 10AM**

It's coffee time with
the Chief! Take a
break, sip, and enjoy
the perfect cup of
happiness and ask
the questions that
have been on your
mind.

**For more information,
please call (760)873-3052**





BISHOP PAIUTE TRIBE ELDERS PROGRAM

PATIO PAINTING

NATIVE AMERICAN THEME

- Acrylic Paints on Canvas
- Beginner Friendly
- Space is Limited

June 9th @ 10AM

**JOIN US ON THE
PATIO, SIP
SOME ICED TEA
AND PAINT
SOMETHING
BEAUTIFUL.**

SIGN UP!

Questions? Please call (760) 873-3052

ELDER ACTIVITY
NO CHILDREN
PLEASE

15



BREAKFAST CLUB

2nd Wednesday of every month

June 10th, July 8th, August 12th, September 9th

@ 9:00AM



Join us at our monthly Breakfast Club informal nutrition education meeting. You will get your wellness and nutrition questions answered while enjoying a healthy breakfast.

1. Keep your health and wellness goals on track without the fuss of clinical setting.
2. Get ideas and support from peer that dealing with the same challenges, and much more

Breakfast is provided but space is limited, please RSVP to account for food preparation



TOIYABE
INDIAN HEALTH PROJECT

“Caring for Our Communities”



Bishop Paiute Tribe Elders Program



Spiral Rope Beaded Necklace

June 16, 2026

@ 5:30PM-7:30PM

Light Dinner Provided

Learn how to make this unique necklace with us.

The sign-up sheet will be located at the Elders Program building.

Elder Activity
no children please

Questions? Please call (760) 873-3052



VITALS CLINIC

MAY 21, 2026 **JUNE 18, 2026**
JULY 16, 2026 AUGUST 20, 2026

11:00 AM– 1:00 PM



*Bishop Elders Building
350 Barlow Ln, Bishop CA, 93514*

"Caring for our Communities"



TOIYABE
INDIAN HEALTH PROJECT

250 N. See Vee Lane
Bishop, CA 93514
www.toiyabe.us

Contact: Community Health
for any questions
760-872-2622



Bishop Paiute Tribe **Caregiver Support Program**

**Are you a Bishop Tribal Community Elder over the
age of 55 who is or has a caregiver?**

Title VI Eligibility Requirements:

- Informal, unpaid family caregivers of older adults of in-home and community care
- Relative children under 18 years old, or elders with chronic illness, Alzheimer's Disease, Dementia, or related diseases
- Grandparents raising grandchildren
- An individual who is the parent, grandparent, or other relative by blood, marriage, or adoption, of the individual with a disability

-Support Groups
-Wheel Chair/Walkers
-Transportation
-Hygiene Supplies
-Respite Care
-Home Safety Repairs

Contact the Elder's
Program for an
application or more
information



Contact Us
(760) 873-3052

Staff are available to meet one on one with any
interested applicants.



BISHOP PAIUTE TRIBE ELDERS PROGRAM

CLOSED

Juneteenth

FREEDOM DAY

We will be closed on
Friday, June 19, 2026
in observance of Juneteenth.

We will re-open on
Monday, June 22, 2026.



Questions? Please call (760) 873-3052



Bishop Paiute Tribe Elders Program

IN AN
EMERGENCY
CALL:
9-1-1

Bishop Paiute Police Department

Christopher Aukee
Tribal Police Chief

Winubi Shaw
Tribal Police Officer

Hunter Begay
Tribal Police Officer

Trace Sapp
Tribal Police Officer

Courtney Taylor
Animal Control Officer

(760) 873-4477

Inyo County Sheriff (760) 873-7887
California Highway Patrol (760) 873-5960
Bishop Police Department (760) 873-5866
Bishop Fire Department (760) 873-5485
Northern Inyo Hospital (760) 873-5811
Renown-Reno, NV (775) 982-4100

Part-time employment in Yosemite for Tribal Elders (55+)



- Mentor Tribal Youth
- Develop Tribal Bear Team Training and Educational Materials
- Assist RX Fire Planning
- Monitor fire effects

If interested, contact:
Irene Vasquez (209)347-0619
irene_vasquez@partner.nps.gov

Requirements:
Reliable transportation
Respectful communication skills
Work biweekly/intermittingly in Yosemite 6-8 hour days